

# Campers

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# Letters to the Editor

Dear Canadian Camping:  
Just today in the mail we received our copy of the Canadian Camping Magazine and I eagerly read the letter to the Editor and your reply. I had been told about it. Congratulations - that was a wonderful letter. The magazine has definitely improved under the guidance of you and your committee - a second congratulation. Keep up the good work.

Cliff Labbett  
Toronto, Ont.

Well, if you wanted the Newsletter to create conversation, discussion, and dialogue, you certainly achieved your objective in the last issue - drinking and homosexuality!

It will be interesting for a young camping researcher to look through the archives of the CCA in the year 2020 and read this particular issue - and study the comments which you will no doubt receive.

In 1967, I spoke at the Manitoba Camping Association's conference in Winnipeg (and haven't been asked back since). At that time I was trying to crystal-gaze as to the camping scene in the year 2000. I was considered to be extremely 'way off base' when I suggested that perhaps at our next meeting at the turn of the century, some of the delegates would openly and legally be smoking marijuana. "Impossible!" - impossible?

Times do change and attitudes do change. Until three years ago, in the OCA conferences, there was never a session on sexual attitudes and awareness. We talked about everything else related to a growing, questioning child and adolescent, but we never talked about sex. To some, this was shocking. To others it was a 'breakthrough'. Your response to a recent letter was, from my reading of it, based on scientific

research and study. It was open, and yet I did not get the feeling that you were expressing approval of sexual behaviour which much of society stills feels is 'wrong'. I would hope your readers would not assume that you were condoning homosexuality, but merely commenting on today's observations of what does happen to exist in our society.

I would be much more concerned about a heterosexual teacher or Counsellor who is cruel, sadistic, and morally corrupt, than I would about a homosexual teacher or Counsellor who was kind, understanding, and a human with high values. Similarly, I cannot personally tolerate the male heterosexual who flaunts his sexual prowess, totally inconsiderate of the feelings and emotions of his partner. Nor can I personally tolerate the homosexual who flaunts his/her 'difference' and allows his/her preferences to affect a young boy or girl. Frankly I would not want either of these types at my camp.

"Drinking in Camp" - I'm torn! I enjoy social drinking, and hope that unless I abuse this form of 'drug' that I would not be criticized. In the same vein, I respect those who because of their background and environment do not believe in drinking. As long as neither one of us 'forces' their beliefs on each other.

I totally agree with the argument you put forward that it is better to drink in a controlled environment in Camp rather than in a more spirited pub or bar "in town" (or in the back seat of a car), where the potentially fatal weapon of a car forces a Counsellor to play Russian roulette on the trip back to camp. But I can't see it working - yet! In Ontario the legal age is 19. I have drink in Camp, I am knowingly condoning Counsellors who are 17 and 18. If I let them

the breaking of the law. As a leader, I should be helping young people (through example) not to break the law. In the camp, I have given an 18 year old exactly the same responsibility as I have given to a 19 year old. (Looking after children for 24 hours). My staff are part of a team, and I would find it difficult and even impossible to say... some of you may only drink milk shakes, while others are allowed that "adult" stuff. How divisive!

I know my 18 year olds drink out of camp. I know they are breaking the law. But I also have the belief that if I am giving them the awesome responsibility of guiding and counselling young boys, I must also give them the responsibility of handling their own personal lives in an equally mature manner. If they bring discredit to the camp either outside or inside, I no longer want them as part of my staff.

As I said, I'm torn and frustrated, and I haven't got an answer. If I knew that parents would understand, and if I knew that I could control any excesses, I'd allow drinking in Camp. I'm not ready for that yet.

Who knows, in 2000 that staff might be sitting in the staff lounge when the campers are safely tucked in, have a Rye and Ginger, and share a 'joint'. "Impossible!" impossible? John Latimer, Toronto, Ont.

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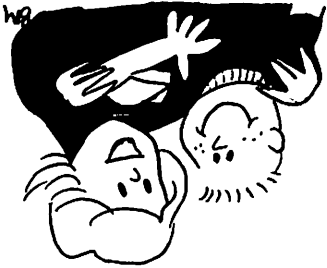
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## Lest We Forget Our Purpose

1979 was declared the International Year of the Child and the United Nations issued a "Declaration of the Rights of the Child". The year, of course, has come and gone. Children still suffer. We should remind ourselves of our purpose and be constantly reminded of the United Nations Declaration of Rights. Let these words not be lofty-sounding ideals but a springboard to pragmatic excellence in the implementation of camp philosophy and program reflecting our most cherished human values:

**The United Nations Declaration of the Rights of the Child:**  
 The right to affection, love and understanding  
 The right to adequate nutrition and medical care  
 The right to protection against all forms of neglect, cruelty and exploitation  
 The right to free education and to full opportunity for play and recreation  
 The right to a name and nationality  
 The right to special care if handicapped  
 The right to be among the first to receive relief in times of disaster  
 The right to learn to be a useful member of society and to develop individual abilities  
 The right to be brought up in a spirit of peace and universal brotherhood  
 The right to enjoy these rights regardless of race, colour, sex, religion, national or social origin.



In the long winter months, camp directors find themselves attending many conferences, electing camping officials who run for provincial or national positions, interviewing prospective staff members, working within budget constraints, seeking out campers, meeting with senior staff and on it goes. Amid the business thrust of "running a camp," there is need for pause and reflection, lest we forget our purpose! Our purpose is to enhance each camper's social, emotional, spiritual, recreational and physical development in order that he/she may grow up to become more productive members of society, enriching others' lives as his/her own has been enriched by a camping experience. Unfortunately, there are times when our values are sacrificed as we plod through these months with our "bottom line" mentality, thinking only in terms of dollars with no sense! If we cut back on staffing, what effect might that have on morale or motivation? If we cut a programme from camp, what impact will it have on campers and staff alike? If we cut corners on food, what will it really save in the long run, and at what nutritional expense? Many decisions have to be made in a business-like, calculated way, but part of that calculation should always be "human value" which is our most important commodity, dividend and return. As Charles Flewman once said: "If camp is a happy place, there will always be campers returning."

Our camp programme is an implicit reflection of our philosophy and values as human beings but I wonder how often we consciously associate the two? And how often are the two in conflict? It's pretty hard to preach conservation of water and wildlife resources and daily churn through the lake pulling water-skiers with 80 horsepower engines! Camp activities are not an "end" in themselves; they are a "means" toward an "end," the "end" being the enrichment of a camper's life and development, as well as a more sensitive awareness and appreciation of our natural environment. Through crafts and swimming we should be learning tolerance and understanding; through campcraft and tripping we should be learning an appreciation and respect for our natural environment; through canoeing and sailing we should be learning operation and safety; through games and challenges we should be learning sportsmanship and discipline etc. Our camp programme and activities are vehicles only; we (and our values) are the drivers and we must determine what direction, attitudes and beliefs will be charted and imparted through our many camp skills.

## Editorial Policy

Jay Haddad, Editor

The ideas expressed in the Editorial are those of the Editorial Committee and not necessarily those of the Canadian Camping Association/Association des Camps du Canada. The views are expressed to provide stimulation and comment. We invite you to respond in "Letters to the Editor" to Canadian Camping, 1806 Avenue Road, Suite 2, Toronto, Ontario M5M 3Z1.

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## De peur que nous n'oublions

1979 fut proclamée l'année de l'enfance et les Nations-Unies ont institué une déclaration sur les droits de l'enfant. Cette année est finie. Pourtant, il y a toujours des enfants qui souffrent. Nous devons rappeler notre but et la déclaration des Nations-Unies sur les droits de l'enfant. N'idéalisons pas le message qu'elle renferme. Qu'il serve au lieu de tremplin à notre philosophie et passe dans la pratique courante des choses. De la sorte, notre programme au camp reflètera nos valeurs les plus chères.

### Voici la déclaration des Nations-Unies sur les droits de l'enfant:

Le droit à l'affection, à l'amour et à la compensation  
Le droit à une alimentation saine et à des soins médicaux  
Le droit d'être à l'abri de toute négligence, cruauté et exploitation  
Le droit à l'instruction gratuite et à toutes les occasions possibles de se récréer  
Le droit à un nom à une nationalité  
Le droit à des soins spéciaux lorsque handicapé  
Le droit d'être parmi les premiers assistés en cas de désastre  
Le droit d'apprendre à devenir un membre utile de la société et de développer des aptitudes professionnelles  
Le droit de grandir dans un climat de paix et de fraternité universelle  
Le droit de jouir de tout ce qui précède sans tenir compte de la race, de la couleur, du sexe, de la religion, de l'origine sociale ou nationale.

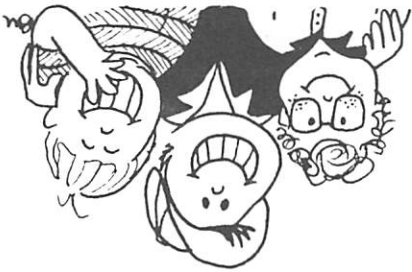


Photo: Ray Bowers

Quand viennent les longs mois d'hiver, les directeurs des camps ne sont pas en mal d'activités. Il y a les nombreuses conférences, les élections des dirigeants provinciaux et nationaux, les entrevues pour l'embauchage du personnel, la planification suivant un budget parciimonieux, la recherche de nouveaux campeurs, les rencontres avec les principaux membres du personnel, bref, la visite est longue. Vous me direz que les charges administratives sont importantes. Soit. Mais il serait peut-être à propos de faire une pause et de réfléchir... de peur que nous n'oublions notre but. Celui-ci est de favoriser l'épanouissement de nos campeurs du point de vue social, émotionnel, spirituel, physique et récréatif afin qu'ils fassent oeuvre utile dans notre société et enrichissent la vie des autres comme la leur l'aura été au camp. Malheureusement, il arrive qu'à trop regarder à la dépense nous finissions par sacrifier nos valeurs au nom du profit. Or si nous réduisons le personnel, quel effet cela produira-t-il sur le moral et le comportement de chacun? Si nous éliminons un programme des activités, comment les campeurs et le personnel réagiront-ils? Si nous diminuons la qualité de la nourriture, qui y gagnera à la longue? Et à quel prix en valeurs nutritives? Nombre de décisions ne peuvent être prises sans effectuer quelques calculs mais ceux-ci ne devraient pas se faire au détriment de "notre valeur d'homme." C'est notre plus grand avoir, notre meilleur dividende. Charles Plevan a dit un jour: "Si les camps offrent le bonheur, les campeurs aimeront y revenir."

Notre programme au camp reflète notre philosophie et nos valeurs en tant qu'êtres humains. Je me demande cependant combien de fois nous établissons le rapprochement entre les deux. Je me demande aussi combien de fois ces notions sont en conflit. Il est assez difficile de prêcher la conservation de l'eau et de la nature en fendant l'eau tout le jour, chassé de skis nautiques, se laissant tirer par un moteur 80 chevaux. Les activités du camp ne sont pas une fin en soi. Elles sont un moyen qui tend vers une fin. Cette fin, c'est l'enrichissement et l'épanouissement de la vie de nos campeurs. C'est aussi le fait d'être pleinement conscient de la valeur de notre environnement et de savoir l'apprécier. Apprenons l'indulgence et la tolérance en faisant de la nature ou des ouvrages manuels. Apprenons à aimer et à respecter la nature en camping ou en voyage. Cultivons l'esprit de collaboration et respectons les règles de la prévention en faisant du canot ou de la voile. Soyons bon sportif et soyons discipliné aux jeux et dans les compétitions. Notre programme d'activités n'est qu'un véhicule. Nous en sommes la force motrice! Il nous appartient donc de décider qu'elle direction lui donner de par notre attitude et nos croyances.

# THE CAMPING ADVISOR

is hockey our national sport? And is it the fastest game in the world? It's hard to believe that a puck travels faster than a golf ball shot off the tee.

P.Z., Ottawa, Ontario

Lacrosse, not hockey, is our national sport. As for speed, yes, hockey is considered the fastest "team" sport in the world. If you're defining speed by the flight of the ball, consider the following: the fastest ball ever thrown was by Nolan Ryan, a pitcher whose fastball reaches a speed of 100.9 mph; a good volleyball spike can reach 70 mph; a professional ping-pong player can hit a ball as fast as 105.6 mph; Bobby Hull's slapshot was clocked at 118.3 mph; Bill Tilden's tennis serve hit 163.6 mph and a golf ball off the tee has been measured around 170 mph. For real speed, nothing tops jai alai; using a scoop-like device called the "cesta," a good jai alai player can send his "pelota" flying at 174 mph for distances of up to 600 feet - no wonder it's played in an enclosed area!

As section director in a boys' camp, I was walking through a remote area of camp one afternoon when I came upon two counsellors smoking "grass." They saw me and knew, of course, that I had seen them; I told them that what they were doing wasn't "cool" as drugs are prohibited in camp. They apologized, put out the joint, and we agreed that this would go no further, I told no one and after I felt guilty about not informing the Director, in retrospect, should I have blown the whistle?

T.C., Willowdale, Ontario

It seems as though you handled the situation spontaneously and with as sound judgment as possible. Often we're faced with such situations where the "spirit" of the law supercedes the "letter" of the law. We're assuming that the two counsellors were excellent counsellors and that their mistake was one of poor judgment; had they been poor counsellors and this incident was one more example of irresponsible behavior, you probably would have "blown the whistle." It appears that the situation was an isolated case and that these two counsellors showed their thanks and respect for the manner in which you handled the situation by never repeating what they did nor telling anyone about it. You trusted them and went out on a limb for them (by not telling the Director) and they probably learned more from that incident than you probably think. Although we don't think you were wrong in not "blowing the whistle," we do think that perhaps you should have shared what happened with the Director and explained how you handled the situation and why you went out on a limb for these two counsellors. The Director would most probably have supported your judgment 100% and he would have been informed of the situation which is an important bridge of communication between a section director and director. You see, you

trusted the counsellors, but you failed to trust your Director with the information. Informing him would have also insulated you with regard to any future occurrences: supposing it did happen again and someone else caught them and later it was revealed that you were party to a previous indiscretion or only dead protein tissue anyway; usually it'll grow for about 3 or 4 years, then rest for 3 or 4 months. During the rest period, about 100 hairs a day typically fall out. Don't worry, because a head of hair contains upwards of 100,000 hair follicles. The average follicle goes through about 15 or 20 growth cycles. Perhaps a camper or two was in the middle of a rest period - or perhaps they are balding: Either way, they should be reinforced that it's not the end of the world; consider the number of successful and famous men that are bald, not to mention saving a fortune at the barber-shop!

J.L., Edmonton, Alberta

Hypothermia is defined as having the body temperature below normal. No big deal there, but what makes it so serious is the rapid deterioration from mild to severe, resulting in death unless recognized and treated. As with most things, an ounce of prevention is worth a pound of cure; campers should be tripping with protective rain gear, wool clothes, hats and gloves. In Lightweight Camping by Michael Hutton, he says that shivering is one of the best early signals, indicating the body is having difficulty staying warm. From here on, the deterioration is drastic - decision-making is impaired, the shivering mechanism fails, physical co-ordination fails, pulse and respiratory rates fall and exhaustion accelerates. The victim, at this point, cannot help himself and a rescuer is needed. Treatment includes removing any wet clothes, surrounding the victim with warm, dry insulation, warm drinks and keeping the victim awake. Hutton continues, "skin to skin contact is an excellent way to transmit heat. In dealing with an unconscious victim of hypothermia, it is imperative when transporting the individual to assure that no sudden movements are transmitted to the victim since the myocardium becomes increasingly irritable and the slightest jarring of the body may result in the onset of the threatening arrhythmia. Hypothermia is like a long slide into oblivion and a self-rescue is only possible through prevention and very early recognition." So yes, it is serious!

As a camp counsellor of senior boys, I was asked about baldness. Every day, after swimming, the campers would blow dry their hair and then proceed to examine and compare each other's brushes for amounts of hair. Some of the boys (aged 14 and 15) seemed really preoccupied with the fear of losing their hair. What could I have told them? The first thing you could have told them (and perhaps you did) was that most men DO fear losing their hair. Considering the way advertising always depicts beautiful people with

their beautiful locks, it's not at all surprising that men share this common fear. Some facts about hair, though: blow drying will not kill hair; it may break it or split it, but the follicle from which hair shafts grow is unaffected by what's done to the hair itself. The shaft is only dead protein tissue anyway; usually it'll grow for about 3 or 4 years, then rest for 3 or 4 months. During the rest period, about 100 hairs a day typically fall out. Don't worry, because a head of hair contains upwards of 100,000 hair follicles. The average follicle goes through about 15 or 20 growth cycles. Perhaps a camper or two was in the middle of a rest period - or perhaps they are balding: Either way, they should be reinforced that it's not the end of the world; consider the number of successful and famous men that are bald, not to mention saving a fortune at the barber-shop!

I am a female section head in a co-ed camp. Last summer, I dated a counsellor three years younger than myself; many of us on staff were commenting that there seems to be an age shift towards that trend - of women dating men younger than themselves. Does this appear to be true?

R.H., Montreal, Quebec

We're not really sure; it probably is more true today. We are sure, though, that it's more talked about today! It probably reflects a growing openness and awareness of the relative meaningfulness of chronological age - in other words, we're always told to "act out your own age" etc. but we've never been given specific criteria on appropriate behavior at different chronological ages. Considering the success of Annabelle King's book entitled *A Gentle Balance - Relationships Between Older Women and Younger Men*, it's obviously more talked about today. Another book, called *The Age Factor* by Jack LaLatta, calls chronological age the "invisible taboo." He says "Two people are attracted to each other, in a romantic or friendly way, by a sense of liking bolstered by the perception that each has things to offer that the other wants. The attraction begins the relationship, but the exchange of needs sustains it. The quality of the mutual gratification depends on the development of the individuals involved." And that development has little to do with age. Actress Jeanne Moreau is even more eloquent: "There's a magic about numbers: 30, 40, 50... it's been imposed by the culture. All those rules about who you can love and who you can't love and how. Since I was a little girl, I've been violently opposed to rules. Why should I deprive myself of my adventure, which is my life, or going through something for the first time because perhaps I am not 20 anymore? Why should I defer to society in that way?" Enough said!



# INTERVIEW

On November 20, 1982, Marjorie Booth, the Executive Director of the Canadian Camping Association, was interviewed in Toronto by Jay Haddad. Marjorie discusses the role she plays in the Association, as well as her perception of the camping scene nationally. We asked her about the Action Plan of the Canadian Camping Association as well as her personal growth and development from girlhood to womanhood in camping. The following are excerpts from that interview:

**CCA:** What does an Executive Director of the Canadian Camping Association do?

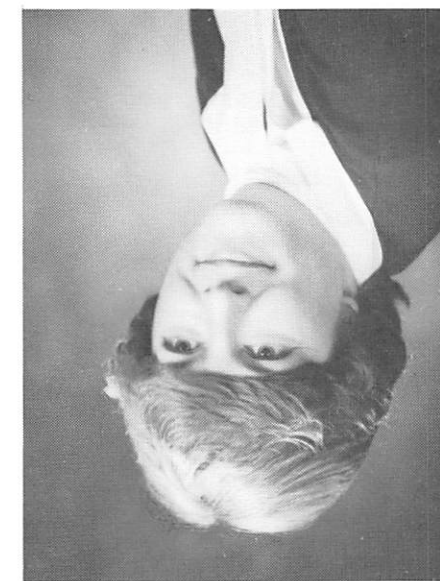
**MB:** The job of Executive Director of a volunteer association has many facets to it, the major one being to ensure there's an efficiently run National office, one which provides services to all of the members on a fair and equal basis. This is a major role. Beyond that, the position is one that requires providing professional expertise in the field of camping to the volunteers with whom I work, whether they be committee chairmen, task force chairmen or the Board of Directors. I am responsible to the Board of Directors of CCA and directly to the President. My job performance is reviewed and evaluated annually by the President; together with the Board, we determine the Action Plan of the Association and it's my job to facilitate the work that there is of our volunteers so that we achieve our objectives.

**CCA:** Are you given an Action Plan or are you part of the process of determining that route yourself, along with the Board?

**MB:** We have been fortunate because Fitness Canada funded a meeting of the Board, Committee Chairmen and Task Force Chairmen from across the country to meet at Camp Wankita, two years ago. Together we determined what the goals and direction of the CCA would be for the next three years. Jocelyn (Ed. Jocelyn Palm is President of the CCA) and I have been working very hard to update the Action Plan based on the written submissions of every Task Force and Committee Chairmen. This Plan will have to be approved by the Board in January '83. I see myself as part of a "team" that charts and determines the course of the CCA.

**CCA:** Is this "management by objectives" an effective operational tool for the CCA or does it just sound good?

**MB:** I think it's extremely important! If we don't know what we expect to accomplish, it's difficult to keep members involved and interested in the Association. We certainly can't be all things to all people, but we must be able to provide our chairmen with guidelines as to where we want the Association to go. More importantly, we have to be accountable to our members; if members are paying their fee to their Provincial Association, who,



in turn, fund us to remain federated members, we owe it to our membership to not only report what we have done but to make it clear where we want to go. That's what a volunteer, member-based association is all about!

**CCA:** What about CCA's accountability to Ottawa?

**MB:** The main accountability we have with regard to Ottawa is from a dollars and cents perspective. Fitness Canada has been very good to the Canadian Camping Association and we're grateful; they fund us on an administrative basis, currently funding two staff positions (1 full-time, 1 part-time); as well, they fund the travelling costs for our two Board meetings per year and two Executive meetings around the country to different locations where we can assist and provide leadership at a Provincial training event. Over and above that, we are also funded for special projects which promote physical activity. So, we're accountable from a financial point of view but philosophically, we're accountable to show Ottawa that we are a significant delivery system of physical activity for about 600,000 Canadian children every year. If we cannot continue to show that camping is a significant medium of promoting physical activity and accomplishing the other goals we believe in as well, then we will lose that financial support.

**CCA:** Marjorie, you are the CCA's first Executive Director and you have been in your post three years; what changes have you seen in this country with regard to camping in general?

**MB:** My overall impression from a national perspective is that camping is fairly strong. I wouldn't say there's been any significant change during the last three years as far as organized children's camping is concerned, as we know it. I am continually astounded at how fragile and tenuous some provincial

**CCA:** As a rough estimate, what percentage of camps in this country would you guess are members of CCA?

**MB:** Depending on the area of the country, probably 1/3 to 1/2.

**CCA:** Roughly then, only 40% of camps operating in this country are members of their provincial association. Is there a reason that's obvious? Is it too difficult to become an accredited member camp?

**MB:** Jocelyn Palm says we're one of the biggest secret organizations operating in this country! I think that is a strong problem in that we don't communicate our existence very effectively. Nationally, we're not well known; if camp directors don't know we exist, they can't join the association.

The second area that's an issue for some people is that of accreditation and standards. If a province chooses to have two kinds of camp members - one that is an accredited member and one that is a member which has not met the standards or desirable practices of the provinces - it would enable any camp to belong as long as they pay the fee and subscribe to the goals and objectives of that association. If a province decides, as they have in Ontario and Québec, that in order to become a member camp, you must meet the standards or recommended practices and be visited by a consultant or your peers, then you are obviously cutting off the opportunity to belong as "camp" members to many, many organizations or church-affiliated camping programs in this country that don't have the financial resources - at least in their minds - to meet some of the recommended practices and so they choose not to belong. I think we should go after those people to have them at least involved as individual members; there's a big thrust in Ontario, I know, to seek individual members. Certainly our standards and accreditation programmes were not set up to keep any camps out of the association - the focus remains to educate from within. However, there is a certain fear associated with standards and accreditation for this reason, there's a wide variance from province to province.

**CCA:** How does the "camping experience" differ from province to province from your perspective?

**CCA:** Is there a need to increase the number of people involved in various provinces?

**MB:** Well, I think we know we don't have every camp that's operating as a member of our association.

**CCA:** As a rough estimate, what percentage of camps in this country would you guess are members of CCA?

**MB:** Depending on the area of the country, probably 1/3 to 1/2.

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**Tapawingo?**  
**CCA:** Do you remember your director at nine years old.

**MB:** Tapawingo, the Toronto YW. That was the camp my mother had gone to as a child, but they didn't take campers until they were

**CCA:** After Calumet where did you go?

**Day?**  
 That was the outfit I should wear for "Clash Day"!  
 idea what they were talking about, but I knew know, it's not Clash Day today" and I had no t-shirt and my favourite madras plaid pants. Somebody came up to me and said, "You meant. One day I was wearing my favourite t-shirt and I didn't know what "clash"

**CCA:** Clash day?

**MB:** (Pause) No, I don't, I can't remember. I do remember living in a tent, the long walk down to the swimming area and "Clash Day."

**CCA:** Do you remember the Director of Calumet?

**MB:** Two years.

**CCA:** How long was that stint?

**MB:** I was 7 years old and I went to Camp Calumet in Ontario. My sister and I were "shipped off" and we were both so excited.

**CCA:** As a young girl, where was your first camping experience?

**MB:** I was 7 years old and I went to Camp Calumet in Ontario. My sister and I were "shipped off" and we were both so excited.

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**MB:** The international Congress is certainly important for our visibility and we really hope there will be press coverage for our key speakers and events. Hopefully, the three CCA pre-congress workshops that Fitness Canada is sponsoring will bring us new initiatives. The first area is promotion. Marie Ellis and her committee have worked hard to provide a hands-on experience for 3 delegates per province who can then promote camping more knowledgeably back in their own provinces. The final result of this initiative will be a National Camping Day which will be focus-

**CCA:** Let me jump back to the Action Plan and ask you about some of the current initiatives of the CCA. Certainly the biggest of the year is the International Camping Congress which is now upon us!

**MB:** Yes, in particular with church camps, where volunteers will come for 2 weeks at a time and they've given up their vacation - quite often, these people are older and are parents who are willing to sacrifice vacation time to be camp leaders because they feel they're making a worthwhile contribution. And they are.

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# The Importance of the Unimportant

by Bruno Morawetz  
Camp Ponacka

I am starting from the assumption that the only thing which is important to a human being is what happens to his inside. The inner life of a man can be referred to by various terms, in English "soul" in Greek "psyche." A camp director who does not gear his camp to the inner life of his campers and staff will not be accomplishing what is most desirable. Most camp directors know that their camp has a special mystique, which makes camp what it is - a place set apart, an oasis for this-worldly souls. This camp mystique is so intangible that few of us can trace it to its origins. It exists, because in the intimate atmosphere of camp life, the souls of all impinge on each

of thousands of small incidents, each of them seemingly unimportant. It is these seemingly unimportant moments which make or break his camping experience. During these thousands of seconds the door to the soul, the senses, are on full alert. How frightfully important that the eyes should see beauty, that the ears hear pleasant sounds and often the sounds of silence. How important the warm touch of a friendly hand, how glorious to the nostrils the smells of nature! (I can omit to mention the pleasant taste of wholesome food!!!) One philosopher of this century, Martin Buber, made this a cornerstone of his philosophy "the hallowing of daily life." Many people live under the illusion that one day, at some moment from somewhere will come some great event

Everyone has had the experience of getting very uptight about something which at a later time proved to be of very little consequence. It is useful to maintain the kind of perspective in which the thing of lasting importance are given their proper due. I hope to shed some light on this but before I do this I wish to recount a few personal incidents.

Last Sunday, as we trudged through ankle deep snow, I listened to a former counselor who had recently graduated with honours in a four year history course at Queen's University. He commented on the fact that when he entered University five years ago a new trend was taking shape, a phenomenon which is sometimes called Supermarket education. This type of education encourages a student to pick and choose here and there - a bit of sociology, a slice of English, a dash of art appreciation along with a basketful of history. My friend greatly lamented the fact that much of his four year education was a waste of time. He felt that more structure and an orderly progression in his course of studies would have been of far greater benefit.

Let me now take you to my wife's new greenhouse. A friend walked in and expressed great admiration for her full and lush geranium plants. He complained that his geraniums grew tall and spindly and never developed the fullness of hers. She immediately informed him (and me) that a geranium will grow into a beautiful plant only if you keep nipping off the new shoots, just as any fruit tree needs annual pruning.

You might rightly ask, what all this has to do with camping? In an important sense a camp director is like a gardener, and his geraniums are children. If a youngster grows without structure, without the occasional pruning, without limits, he may come back from camp, like my friend from Queens, saying "I did not really learn anything at camp, I accomplished nothing, it was a waste of time." Many of us spend a good deal of time and money preparing a good soil for our campers to live in - we provide good equipment, physical comforts, leadership but we often forget that a child, like a geranium, needs the occasional pruning discipline.

Under the influence of Dr. Spock and Freud, parents, educators and camp directors have come to believe that children should never be punished a child is self-defeating and now thwarted. For years we have heard it said that we hear calls for the return of the noose and the strap. I am not prepared to enter into a discussion of these contentious issues, but they are signs that many persons are beginning to see the danger of unbridled freedom in a richly fertilized soil. If one is not swinging aimlessly on the pendulum of public opinion, one must have some definite convictions about the important and unimportant things in life.

other, in most camps, the director unconsciously gives guidance to his camp mystique, hence it is true (and well known) that a camp is the expression of the individual who runs it. Woe to the camp which yearly changes its directors!

It is well to remember that, just as life consists of minute moments, a camper's fourteen hour day consists of hundreds of minute incidents. His fourteen day sojourn is made up of thousands of small incidents, each of them seemingly unimportant. It is these seemingly unimportant moments which make or break his camping experience. During these thousands of seconds the door to the soul, the senses, are on full alert. How frightfully important that the eyes should see beauty, that the ears hear pleasant sounds and often the sounds of silence. How important the warm touch of a friendly hand, how glorious to the nostrils the smells of nature! (I can omit to mention the pleasant taste of wholesome food!!!) One philosopher of this century, Martin Buber, made this a cornerstone of his philosophy "the hallowing of daily life." Many people live under the illusion that one day, at some moment from somewhere will come some great event



Photo Courtesy: Doug Caldwell



# What Are You?

by Marjorie Booth,  
Executive Director

Whenever I have the opportunity to travel to provincial associations, I am amazed at the commitment of our many volunteer executive, board and committee people across the country. The association exists because of the efforts of its members . . . you are the camping movement in Canada and your province.

Recently Fitness Canada circulated a report on "The Volunteer Leader in Physical Activity and Sport." This survey of Board Members working at the local, provincial and national level demonstrated the kind of orientation and personal development that volunteer directors expect. The dedication to their respective associations was outstanding. However, the ongoing challenge is to keep all members involved and interested in the work of the association. Otherwise, from what group will we find our Board Members for 1990?

Even the task of producing a quarterly newsletter like "Canadian Camping" relies on volunteer members like you to submit articles, poems and photographs to really keep the content national. Will you help? Wouldn't it be great to be listed as an author for a special feature article on staff training? The following poem really says it better than I - please think about it.

## What are you?

Are you an active member  
The kind that would be missed,  
Or are you just contented  
That your name is on the list?  
Do you attend the meetings  
And mingle with the flock,  
Or do you always stay away  
And criticize and knock?  
Do you take an active part  
To help the work along,  
Or are you satisfied to be  
The kind that just belongs?  
Think this over, member -  
You know right from wrong.  
Are you an active member  
Or do you just belong?

near Belleville. The director could not understand why she would go to a camp up north for a salary one third as high as his own. She had been working for him evenings after school and he knew her good qualities. He began to plead with her saying, you will have beautiful quarters with a shower and all conveniences. She replied "that is exactly why I want to go up north where these things are absent." "You'll have your own colour T.V." to which she replied "that is exactly why I want to go up north." There is a lesson in the young lady's attitude. Camp should be as different from our daily life in the city as we can make it. In our camp we try strenuously to keep away from anything which resembles the city. We do our best to shun concrete and steel, ardo-rite and wall board, plumbing and electricity, radios are completely outlawed. A change in ideas as good as a rest and the importance of these unimportant details must not be overlooked.

Most adults have had the misfortune of having their lively imagination stifled by the demands of time and circumstance. In children, the imagination is still very much alive. A camp director is well advised to inject an element of mystery and make-believe into his programme. There should be many surprises in store for him, events can be announced in imaginative ways, dressing up has never lost its appeal for the child in youngsters and adults alike. The one thing which occupies a large part of our time is our annual Hoax (Indian Burial ground, unidentified flying object, glaberfoot egg, etc.) with the bombardment from noise and the mass media, the imagination is frequently overlaid and buried. Camp is a good place to re-awaken it.

What I have been saying can have an important bearing on the role of the director and the manner in which he spends his time. It is true that these subtle influences are of the greatest importance, the director might be wise to delegate all the "important" things, like daily routines, maintenance, buying, etc. to some member of his staff. It might be the right thing to keep himself free for all those "unimportant" things, like being free to talk to a camper on the path or tell a bedtime story to one little group. I found a poem in my files, I don't know where it came from and who wrote it but perhaps it will convey what I have laboured to say:

I took a piece of human clay  
And gently formed it day by day  
A young child's soft and yielding heart.  
It came again when days were gone  
It was a man I gazed upon  
The form I gave him still he bore  
But I could change him nevermore.

*Reprinted with permission from the OCA Conference Digest, 1975.*

The Importance of the Unimportant continued

there is honesty and trust and genuineness among people, the "vibes" will be good and the inner life of every person will be soothed and helped. How important are these unimportant things I have just talked about? How much of the director's time is spent on these? Are we, the gardeners of our campers' souls sufficiently tuned in to these subtle ways of communicating? Do we realize that jarring colour schemes hurt the soul, that any form of ugliness makes one uncomfortable? Do we realize that the tone of voice speaks louder than the words it utters? Why do you think, does every tourist love Switzerland? It's not just the mountains. It's the trimness of the fields, the flowers in the windows, the neatly painted houses. Without a great deal of money, our camps could be made into little Switzerland, not in order to impress parents on visitors day, but because young souls are being watered and fed. Are we as camp directors too pre-occupied with facilities and programmes, are we too captivated by techniques of leadership, instead of the simple things like genuineness in our staff and ourselves? Parents may be impressed by expensive equipment and elaborate facilities, kids are left cold by them. A highly developed camp-site may prove to be a real handicap. When our camp was young, the campers derived great satisfaction from creating a new path or cutting trees for a new tent. Now it's all done. Fortunately we were able to buy some raw land nearby and the boys can be pioneers once again.

One thing which many directors consider very important is a highly trained staff. My own experience makes me question the importance of it. I am always suspicious when a staff application is accompanied by a long resume listing dozens of qualifications, courses taken, tests passed. In many cases such a person has done all the right things, he has earned his bronze, his St. John's First Aid Badge, his Bushman's thong, but perhaps he has never taken the time to sit quietly by a brook to listen to the gay laughter of its ripples.

A good counsellor needs ears tuned to the ripples of a child. He needs more the ability to listen than the skill to teach. If a counsellor's time is too important to share in the discovery of some unimportant beetle, will he be good for the child's inner life?

I am old-fashioned enough to think that cleaning the cabin and making the bed are not as unimportant as they are held to be by many. A child needs self-discipline and thrives on it. The American philosopher, William James said "First thing each morning we should do something which we have to force ourselves to do." Every conquest over our slovenly selves is a step to victory, the final victory being our acceptance of ourselves as we are!!!

A few days ago my young secretary informed me that she had decided to turn down a two thousand offer to work at a hockey camp

indicates the sensitivity of this major concern among many of our people. Hence the timeliness of your response. Let me make several comments.

Overall, I support your thesis. Homosexuality is a fact of life; one which we all need to recognize, understand and accept (even if we are in extreme opposition). However, in our simplicity and directness, you seriously overlook the fear that is very present in many minds. I am sure the article will hurt, isolate and cause undue negative reaction among camping and community circles - to say nothing of parents' response. It seems to me that a slightly more balanced approach might have been more useful. I am with you on raising the concern; on the need for education; on the necessity for facts. But, maybe a response that is a little less unsettling would be better received. You will shock people; but will they be better informed? You will surprise them; but will they be better able to integrate new thinking?

The second article - your editorial *Beer in the Ball Parks - Camps Are Next!* is one with which I take exception. Yours is a shallow argument. Such sweeping generalizations do not deal effectively with the dimensions of this current issue. Your style here will also isolate and polarize opinion - with insufficient thinking in between. Your suggestion that beer in camp will vastly alleviate the alcohol problem is simply in the extreme. Drinking at the ball parks and drinking in camp have little, if any, relation. - It just ain't so! Again, I understand and sympathize with you, but it seems to me that one needs to do it in such a way as not only to provoke response but to enable persons to make some kind of helpful decision. My sense is that your editorial does not enable that to occur.

My hope is that in subsequent issues of the magazine, you will maybe allow others to add their comments in this forum so that we get a wide variety of informed opinion upon which individual camp directors and staff might be able to make long-term decisions. Well, now I feel better! I like the format of the magazine and I know of your own desire to be both helpful, challenging and informative. I look forward to future issues of the magazine.

K. Grant Kerr  
Toronto, Ontario

"Fear" with regard to homosexuality has existed only because we've avoided talking in the past - remember, it's "the love that dared not speak its name!" Far from "hurting" or "isolating" people, as you suggest, frank and honest discussion with informed opinion is the ONLY way to end the hurting

and isolation that society has caused. You give no credit to camp directors or parents in our community, suggesting that they will only be "shocked" and "surprised"; the contrary appears to be true from the feedback we're receiving. A recent CBC documentary on homosexuality said: "The numbers are about one in ten; what a joke! Every homosexual has two parents, grand-parents, siblings probably, friends, relatives, co-workers. By the time you're finished, over 90% of the population is IN SOME WAY exposed to homosexuality." A very lucid book I just read, a national award-winner, and one I would strongly recommend is: "NOW THAT YOU KNOW" by Betty Fairchild and Nancy Hayward, published by Harcourt, Brace and Jovanovich. You won't be disappointed!

With regard to drinking in today's society, I agree, there are no simple answers (a point which was stated in the Editorial); hence, the Editorial to initiate "dialogue" to this very severe teenage/adult problem. The fact that responses are pouring in, pro and con, good and bad, is proof that people are willing to share their feelings, queries and attitudes which can only lead to more responsible leadership decisions for all of us. Thank you for sharing your feelings!

In reference to your Autumn 1982 editorial entitled "Beer in Ballparks - Camps are Next!" I must say you've hit a sensitive nerve in many camp directors, including myself. This is a problem I have been faced with personally, and while I agree philosophically with your reasoning, there are a few concerns that must be confronted and resolved.

When I was at Mazinaw many moons ago, all staff members were not over 18, nor is being 18 a prerequisite of my staff today or that of many other camps for that matter. If it were, there would not be enough staff for the limited amount of money available to at-

tract and pay them. That being the case how do you suggest I, as a director, handle drinking in camp? If I allow all staff to drink then I am breaking the law by the approval of underage drinking in my camp, and indirectly encouraging the practise. If I go by the Criminal Code, then I create division within my staff by allowing some to drink and some not to. Is a 17 year old staff member less responsible or deserving than an 18 year old one? Not necessarily! The underage staff will still be drinking behind my back, this time with the help of other staff members of legal age who will be breaking the law, thanks to me, by bootlegging. Unfortunately, I wish I had all the answers but while I trust my staff as being responsible (or else I wouldn't have hired them) I'm not sure I should place them, the camp, or myself in a "no win" situation.

I'm looking forward to meeting you at the Congress and I congratulate you on a fine publication.

Carson Herrick  
Edmonton, Alta.

I am really enjoying the direction of Canadian Camping. You are dealing with issues, problems and situations which are so very real and very important to all of us. When you are willing to risk, you must be willing to get hurt; there will always be people who take offence to the issues raised. Some people will misinterpret and misquote you; some may even attempt to criticize you, the person, and not the issues. Please keep it up, stick to issues (as you are doing), and continue to provide a rational, direct and clear-thinking approach. My favourite teacher once said: "Education is the process of disturbance"; thank you for not killing us!

Debbie Allen  
Toronto, Ontario



**GENEVA PARK . . . REMEMBER?**



# President's Perspective

by Jocelyn Palm

History indicates that camping has always done well in spite of economic struggles. During the blackest days of the 1930's, summer camp not only survived but expanded. In the early 40's when rationing necessitated by the Second World War forced Canadians to forego many pleasures, camping continued to thrive. We are fortunate that parents, agency directors and board members, church leaders and recreation administrators, in fact each person who influences the success of the camping industry, regards camp as a priority and not as a luxury.

Why are camps a success while the economy is gloomy? Camping provides a unique experience - campers can grow significantly in ways not available elsewhere. Parents strive to give their children a holiday although their own vacation trip must be abandoned in view of costs. The home situation may be strained for a variety of reasons; unemployment, disillusionment as a result of job insecurity or lack of promotional opportunities, lack of funds for extras and spontaneous entertainment, whatever the cause, camp provides an oasis for both parent and child - even if only for a short period.

We need to promote the camping message and to broadcast the benefits. As this New Year begins and we gather our campers for the coming summer, let's reassure parents that we know and appreciate the fact that camp is a significant investment. Let's tell people that we are determined to provide an appropriate program with sensitive, caring leaders and that we applaud parents who do without things for themselves in order to give their children a camping holiday. And as we prepare campers to return home at the conclusion of each camp session, let's remind campers to thank their parents and to share the experience once they get home.

Yes the economy is the pits, but we have reason for optimism. We must promote the values of camping where and whenever we can. Review the benefits of your camp and have the facts ready when you have an opportunity to tell the camping story. Summer camp is an investment for all seasons.



The Second Co-operative Sports & Games Book

Terry Orlick's book, *The Second Co-operative Sports & Games Book* is filled with many new ideas and games for both children and adults to experience. It is stimulating because it not only offers a description of games for various age groups and how to motivate people to participate in games, but also outlines co-operative strategies which can be introduced into contemporary competitive games. These strategies change the emphasis of winning by a few to participation by all players. The games Terry outlines can be presented in a variety of settings ranging from the classroom, the school gym or playground to a camp recreation hall, a playing field or an open space in the out-of-doors.

What impressed me the most about the

## BOOK REVIEW

By: Marilee Tisdall, Director, Camp Queen Elizabeth, London YM-YWCA

book are the collection of games from other cultures. Inuit games, games from Papua New Guinea, Malay games, games from New Zealand, Australia and the People's Republic of China are presented in a descriptive and concise manner. Games are an ideal medium through which we can learn about other cultures, providing us with an opportunity to appreciate one another's similarities and differences. An inspiring addition to any camp library, *The Second Co-operative Sports & Games Book* will not gather dust on the book shelf. Available from the CCA/ACC Publications Service for \$11.95.



Tapawingo?

**MB:** Well, I did Bark Lake as a L.I.T. in 1966, then went back to Tapawingo on staff until 1972. I was a co-op student at the University of Waterloo at that time so I was back on campus for 1973 and then I directed the Adventure Day Camp for the Galt Y.W.C.A. after I graduated in 1974. I then moved to New Brunswick as the programme director and camp director for the Saint John (N.B.) Y.W.C.A. The camp there was camp Glenburn on the Bellisle – it was great fun and it was a beautiful camp, just up the Saint John River.

**CCA:** That's one of the most beautiful rivers I've ever seen!

**MB:** Oh, it's gorgeous. The camp had 75 boys and girls and hardly any equipment but the staff were great with their imagination and hard work. I remember volunteers who came out every Spring to sand down the canoes and repair them. It was just a super effort. When I left I remember having developed a 5 year plan for the camp and those volunteers stuck to it. They now have a year round outdoor centre! The son of a former Executive Director donated his architectural skills to design the new winterized dormitory/program cabin. It's a beautiful centre – one of which Glenburn and Saint John should be proud.

**CCA:** And then to Colahwan?

**MB:** I left Glenburn in the Fall of 1976 and started immediately at the Montréal Y.W.C.A. My first Summer directing Colahwan was it's sixteenth anniversary so it was an exciting project. (Ed. *Mary Edgars began Colahwan in 1917*) That site was beautiful too; we had 450 acres on a completely private lake right in the middle of the Laurentians near Ste-Marguerite. Our campers were 50% French and 50% English so it was a good mixture and announcements were all made in both languages.

**CCA:** What's the significance of the camp-ing experience in your mind?

**MB:** I feel camp is a place where children can feel important. Every child has something to offer at camp; if we're fortunate enough to have good, sensitive staff we're providing the soil for those young people to grow in a fertile environment. A big part of becoming effective adults is to have confidence and enough independence to carry on when things don't work out the exact way you may have wanted. Camp provides opportunities for that experience, much more than we will ever know. Our problem, in camping, is that we don't have research to prove that we all believe is happening and somehow we've got to find a way of telling that story with statistics, rather than emotion. I firmly believe, though, that camp, more than anywhere else, provides a young person with an opportunity to "glow" and grow and be important.

**MB:** Yes, Mary Purdy was the first Director I always loved. The most amazing thing in the world was that she knew my name; I was always astounded because she knew every girl's name. What a good feeling!

**CCA:** How long were you a camper there?

**MB:** Until 1965. Our Directors had changed; Gwyn Griffiths I think was Director for a year around 1962 and then Eleanor Kay and Elsie-

INTERVIEW continued

Lakeside Camp staff endeavours to provide new and different experiences for campers. Most importantly to give them a feeling of accomplishment by providing opportunities that will lead toward greater independence in their communities, at home and at school.

Future programs hopefully will include adapted cross country skiing and skating and other winter camp activities . . . while summer programs may extend to nature trails and the opportunity for hiking. Hopefully the activities encountered at Lakeside Camp will enable the young campers to be able to participate in outdoor education programs with their classmates when

Some of the Teens have taken advantage of learning the skills of archery while others enjoy camping-out and eating food cooked out-of-doors on open campfires. Other activities chosen by the campers include a media club, plus music and drama. Everyone joins in the traditional evening Camp Fires and Sing Songs at the close of each day's events. Camping should be a memorable experience.

The Winniepeg Film Club have also provided an adaptive swim program at Lakeside Camp. Special segregated swimming classes for the physically disabled. This is a major step forward and the Red Cross have been very cooperative in helping to establish an adaptive swim program at Lakeside Camp.

Regular and adaptive swimming lessons are also offered to the Teens. The Adaptive Program is a new one and Red Cross staff have supplied a great deal of input into its establishment at Lakeside. The testing in the adaptive program is slightly different with the children obtaining adaptive swimming certificates. It is hoped, with their Red Cross Adaptive Certificates, the children will be able to attend a regular swim program during the winter with a brother, sister or friend in their own community rather than having to attend on independence.

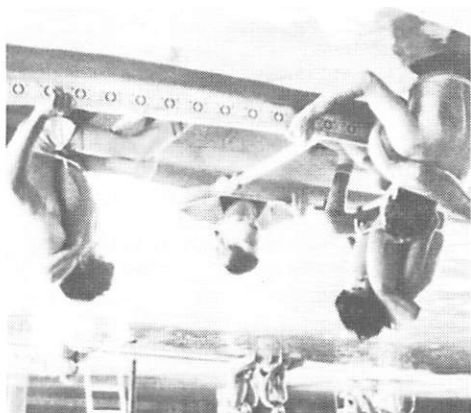
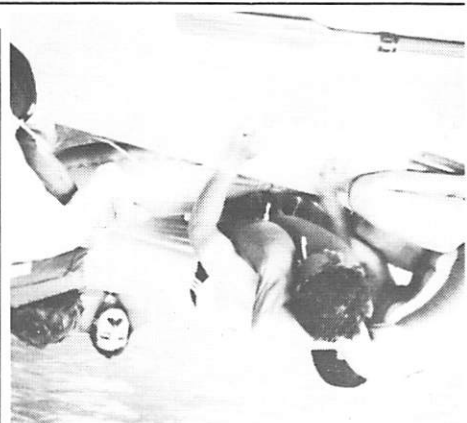
Because camp is perceived as being an essential part of personal growth for young children and teens, campers make their own choices regarding activities in which they would like to participate. The focus during Teen Camp is on personal growth; therefore, sharing and working together are important. An excellent example is the Small Craft Safety Program. The Small Craft Safety program is conducted in the camp pool where one child and two instructors work as a team. They begin in a dinghy and take their final test in a regular canoe. They learn how to paddle, how to handle a canoe and what to do in an emergency. It's exciting to watch the children... their enthusiasm is contagious! The Small Craft Safety program has given the campers the opportunity to work towards and gain physical independence while learning boat safety. All canoeists are at a different level of achievement but all are realizing some form

programs for a wide age range of physically disabled campers (adults, children, teens, young adults and families) this article will focus mainly on "Teen Camp" held for ten days dur-

Summer Camp should be a place where new and exciting experiences happen . . . a pleasant time to remember! The warmth of friendly experiences and challenging activities are very evident at The Society for Crippled Children & Adults of Manitoba's Lakeside Camp, near Gimli, Manitoba.

by Barbara Stuber

## A Challenging Summer!



# GROUP DYNAMICS

by: Jay Haddad

## BRAN MUFFINS

5 1/2 cups all purpose flour  
2 1/2 cups granulated sugar  
3 cups Natural Bran (Quaker)  
2 cups All-Bran cereal  
3 tbsp. baking soda  
1 quart buttermilk  
1 1/2 cups Crisco cooking oil  
4 eggs  
1/2 cup molasses  
2 cups raisins (don't pre-soak)

In large bowl, combine dry ingredients except baking soda. In another bowl, stir soda and buttermilk together. Add oil, eggs, molasses and beat well. Stir in raisins. Store in refrigerator in plastic container or jar with tight lid.

To bake: Preheat oven to 350°. Grease as many muffin spaces as required (naturally, use paper holders). Stir mixture well and fill 2/3 full. Bake 20 minutes. Serve warm.

## CHEDDAR GRANOLA COOKIES

1/2 cup (125 mL) butter  
1/2 cup (75 mL) sugar  
1/2 cup (75 mL) honey  
2 eggs  
1 1/2 cups (375 mL) all purpose flour  
1 tsp. (5 mL) baking soda  
1 tsp. (5 mL) salt  
2 cups (500 mL) granola-type cereal  
2 cups (500 mL) shredded Canadian Cheddar Cheese  
1 cup (250 mL) seedless raisins

Cream butter; beat in sugar and honey. Add eggs, one at a time, beating well after each addition. Stir in flour, baking soda, salt, granola cereal, cheese and raisins until well combined (dough will be stiff). Drop by rounded small spoonfuls, about 2 inches (5 cm) apart onto ungreased cookie sheet; flatten slightly. Bake at 375°F (190°C) for 8 to 10 minutes or until lightly browned. Remove from cookie sheet immediately. Makes about 5 dozen.

you go through the correct answers. Ask people why they rated this profession so high or so low or why they think that this profession is so dishonest etc. I think it's a good exercise for discussion purposes but also one which lends itself to probing values, integrity and beliefs with regard to honesty, integrity and ethical standards among different professional fields. It's no secret that some professional fields are more pre-disposed to alcoholism or drug dependency; perhaps a contributing factor is the low self-esteem felt by the professional which in turn is a reflection of public attitude and perception. If nothing else, it makes for interesting discussion and allows us, as leaders, to facilitate the group process and better understand our young leaders' values and perceptions.

And now the rating, based on "honesty" and "ethical standards";

- 1 Doctors
- 2 Police Officers
- 3 Engineers
- 4 University Teachers
- 5 Psychiatrists
- 6 Lawyers
- 7 Journalists
- 8 Business Executives
- 9 Building Contractors
- 10 Members of Parliament
- 11 Advertising Executives
- 12 Labor Union Leaders



Photo: Jay Haddad

In September 1982, the Gallup pollsters asked Canadians to rate 12 occupations for their "honesty" and "ethical standards." The twelve occupations: Journalists, Business Executives, Labor Union Leaders, Police Officers, Psychiatrists, Members of Parliament, Lawyers, Doctors, Advertising Executives, Engineers, University Teachers and Building Contractors. It's very interesting to wonder why Canadians feel the way they do about these occupations: public attitude shaped by media or personal experiences. These polls are accurate within four percentage points 95% of the time, so they are a very accurate reflection of how people feel. The danger with polls, however, is that while they claim only to "reflect" what people feel, the mere reporting "creates" a reality in people's minds, thereby creating the "self-fulfilling prophecy" effect! Like any of our previous groupthink exercises, this exercise is best used where you distribute individual sheets with the occupations listed. After giving each individual 5 minutes to complete his/her sheet, group people into 4 or 5 for the "group consensus" sheet and let them discuss, argue, hammer away defending their points of view. The group score should always be better than any individual score within the group; if not, something's wrong with the group process. I think the most entertaining part of this exercise would be the discussion at the end, as

# POEM

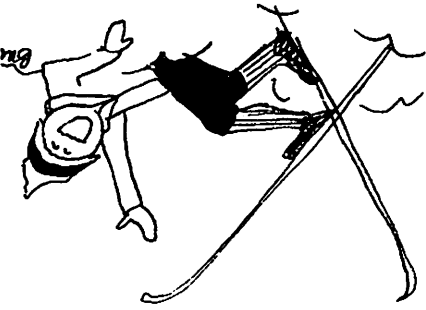
Don't be fooled by me.  
For I wear a mask, I wear a thousand masks,  
Masks that I am afraid to take off  
And none of them are me.  
Pretending is an art that's second nature  
with me,  
But don't be fooled; for God's sake, don't  
be fooled.  
I give you the impression that I'm secure,  
That all is sunny and unruffled with me,  
Within me as well as without;  
That confidence is my name and coolness  
my game;  
That the water's calm and I'm in command  
And that I need no one.  
But don't believe me.  
Please.  
My surface may seem smooth, but my  
surface is my mask,  
My ever-varying and ever-concealing mask.  
Beneath lies no smugness, no complacence,  
Beneath dwells the real me in confusion,  
in fear, in aloneness.  
But I hide this.  
I don't want anybody to know it.  
I panic at the thought of my weakness and  
fear of being exposed.  
That's why I frantically create a mask to  
hide behind,  
A nonchalant, sophisticated facade, to help  
me pretend,  
To shield me from the glance that knows.  
But such a glance is my salvation. My only  
salvation.  
And I know it.  
That is, if it's followed by acceptance, if it's  
followed by love.  
It's the only thing that can liberate me from  
myself,  
From my own self-built prison walls,  
From the barriers that I so painstakingly  
erect.  
It's the only thing that will assure me of  
what I cannot assure myself,  
That I'm really worth something.  
But I don't tell you this. I don't dare. I'm  
afraid to.  
I'm afraid your glance will not be followed  
by acceptance and love.  
I'm afraid you'll think less of me, that you'll  
laugh,  
And your laugh would kill me.  
I'm afraid that deep down I'm nothing, that  
I'm no good,  
And that you will see this and reject me.  
So I play the game, my desperate pretending  
game,  
With a facade of assurance without, and a  
trembling child within.  
And so begins the parade of masks,  
The glittering but empty parade of masks.  
And my life becomes a front.

I idly chatter to you in the suave tones of  
surface talk.  
I tell you everything that's really nothing,  
And nothing of what's everything, of what's  
crying within me.  
So when I go through my routine, do not be  
fooled by what I'm saying.  
Please listen carefully and try to hear what  
I'm not saying,  
What I'd like to be able to say,  
What for survival I need to say,  
But what I can't say. I dislike hiding. Honestly.  
I dislike the superficial game I'm playing;  
I'd really like to be genuine and spontaneous,  
and me,  
But you've got to help me.  
You've got to hold out your hand  
Even when that's the last thing I seem to want,  
or need.  
Only you can wipe away from my eyes the  
blank stare of the breathing dead.  
Only you can call me into aliveness.  
Each time you're kind and gentle and  
encouraging,  
Each time you try to understand because you  
really care,  
My heart begins to grow wings, very small  
wings, very feeble wings,  
But wings.  
With your sensitivity and sympathy, and your  
power of understanding  
You can breathe life into me. I want you to  
know that.  
I want you to know how important you are  
to me,  
How you can be a creator of the person that  
is me if you choose to.  
Please choose to.  
You alone can break down the wall behind  
which I tremble;  
You alone can remove my mask, you alone  
can release me  
From my shadow world of panic and  
uncertainty,  
From my lonely prison.  
So do not pass me by. Please do not pass  
me by.  
It will not be easy for you. A long conviction  
of worthlessness builds strong walls.  
The nearer you approach to me, the blinder  
I may strike back.  
It's irrational; but despite what the books  
say about man,  
I am rational.  
I fight against the very thing that I cry out for.  
But I am told that love is stronger than  
strong walls,  
And in this lies my hope. My only hope.  
Please try to beat down those walls with  
firm hands, but with gentle hands,  
For a child is very sensitive.  
Who am I, you may wonder? I am someone  
you know very well.  
For I am every man you meet and I am every  
woman you meet.

- Anonymous

A march on City Hall shouldn't be  
the only time you get out for a walk.

Participation



# Life The Metric Way

Is there a metric generation gap in your family? When children go to school, they learn the metric system. By now most of them think metric, and they like it. In a few years they'll be moving out into the world - a metric world.

Be there with them. Become a metric family now. There are only a few common units you need to know and, just as in our money system, calculations are based on tens or factors of ten.

Long before the conversion program began, metric was used in the production of such items as light bulbs (measured in watts), fuses (amperes), photographic equipment and scientific instruments. Metric is the measurement system for most Olympic sports and has been since 1896, when the modern era of the Olympic Games began.

The world is going metric and Canada cannot afford to hold back. Practically all the countries in the United Nations are either already metric or are converting. That includes the United States, all members of the European Economic Community, Japan, Australia and New Zealand.

For life in a metric world, familiarize yourself with these common metric measurements.

**kilogram (kg) and gram (g)**  
 1 kg = 1000 g  
 1 kg is a little more than two pounds  
 1 kg of roast chicken is about three servings  
 500 g is a little more than one pound  
 1 g is about the weight of a paper clip

**litre (L) and millilitre (mL)**  
 For liquids and almost everything else formerly measured by spoons, cups, pints, quarts and gallons

1 L = 1000 mL  
 1 L is about four glasses of milk  
 250 mL is a little more than a cup  
 15 mL is about one tablespoon  
 5 mL is about one teaspoon  
**kilometre (km), metre (m), centimetre (cm), and millimetre (mm)**  
 For length, height and distance

1 km = 1000 m  
 1 m = 100 cm = 1000 mm  
 160 cm is the height of the average woman  
 1 mm is about the thickness of a dime  
**degrees Celsius (°C)**  
 For temperature

100°C water boils  
 40°C high fever  
 37°C normal body temperature  
 0°C water freezes

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For life in a metric world, familiarize yourself with these common metric measurements.

**kilogram (kg) and gram (g)**  
 Pour mesurer le poids ou la masse  
 1 kg = 1000 g  
 1 kg est un peu plus que deux livres  
 1 kg de poulet rôti sert à nourrir environ trois personnes  
 500 g est un peu plus qu'une livre  
 1 g est environ la masse d'un trombone

**litre (L) et millilitre (mL)**  
 Pour mesurer les liquides et presque tous les autres produits mesurés auparavant en cuillères, en tasses, en chopines, en pintes et en gallons

1 L = 1000 mL  
 1 L représente quatre verres de lait  
 250 mL un peu plus d'une tasse  
 15 mL environ une cuillère à table  
 5 mL environ une cuillère à thé  
**kilomètre (km), mètre (m), centimètre (cm), et millimètre (mm)**  
 Pour mesurer la longueur, la hauteur et la distance

1 km = 1000 m  
 1 m = 100 cm = 1000 mm  
 160 cm représente la grandeur d'une femme de taille moyenne  
 1 mm l'épaisseur d'une pièce de dix cents  
**degrés Celsius (°C)**  
 Pour mesurer la température

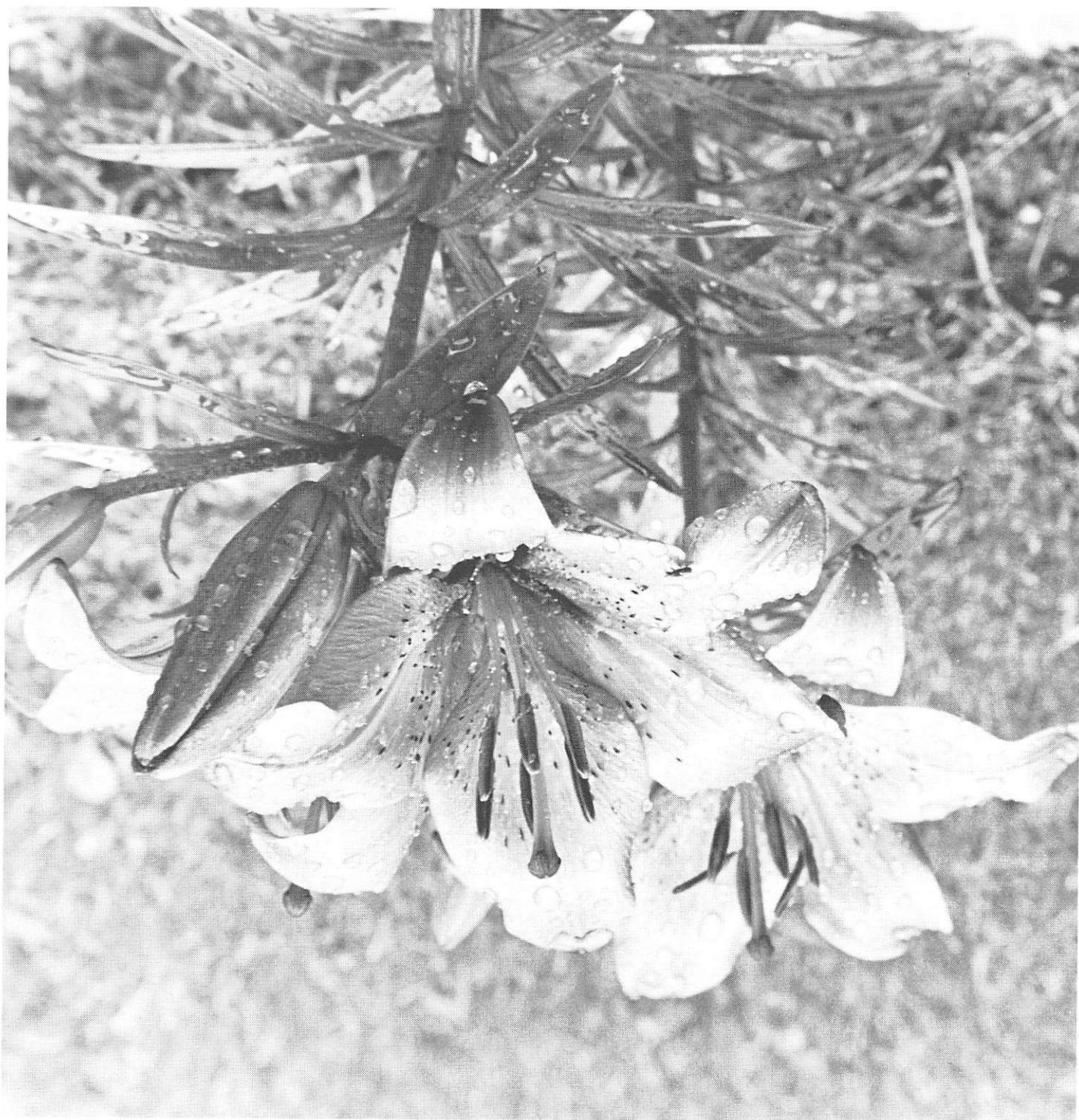
100°C point d'ébullition de l'eau  
 40°C forte fièvre  
 37°C température normale du corps  
 0°C point de congélation de l'eau





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**Our winning submission this issue was submitted by  
Mark Pavilons, Toronto, Ontario**



**WINNING PHOTO!**

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# Dispose of camp food service problems with **ROYAL Chinet®** disposable plates and bowls

Strong, attractive Royal CHINET food service products help you . . .

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## ● DISPOSE OF BREAKAGE

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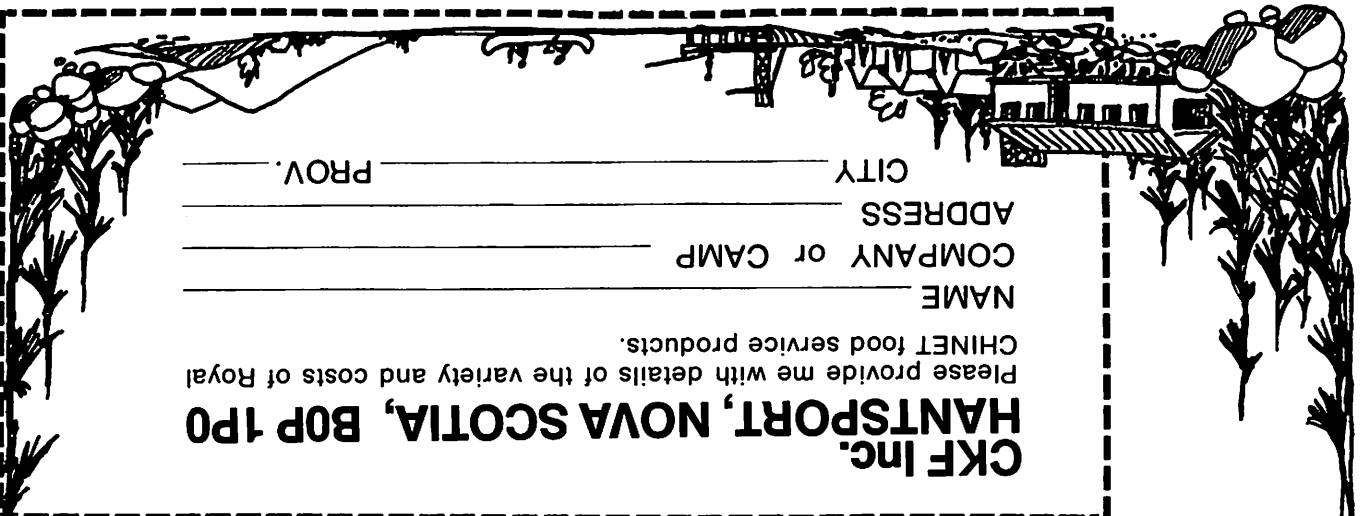
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